

AYURVEDIC TREATMENTS

ABHYANGA MASSAGE 60 min \$130 / 90 min \$170

Abhyanga is a full body head to toe massage using warm herbal oil massaged into the skin with long lymphatic drainage strokes and intuitive movements dialogs the toxins and brings deep relaxation for body and mind. (4 Hands available upon request)

SHIRODHARA (3rd EYE) 60 min \$130

Starts with head, back and neck massage followed by warm herbal oil gently poured on the 3rd eye and crown chakras to relieve stress, anxiety, depression and insomnia.

UDWARTHANAM 50 min \$120

This exfoliating herbal massage helps in the reduction of cellulite and treat obesity related disorders, leaving the skin beautiful.

INDIAN HEAD MASSAGE 30 min \$70 / 50 min \$110

Traditional divine treatment for head, neck & back helps to relieve stress and mental fatigue. Leaving you calm, tranquil and relaxed.

HASTHAPADHA ABHYANGA 30 min \$70 / 50 min \$110

Ayurvedic hand and foot massage begins with pressure points, has a very relaxing and balancing effect on the entire body which eases the tired feet syndrome.

KATI BASTI 50 min \$110

Katibasti treatment helps to relieving lower back pain, begins with warm medicated oil contained with in an herbal paste followed by herbal compress massage.

BODY SCRUBS

AYUR SIGNATURE LULUR SCRUB 50 min \$95

Signature herbal treatment using indigenous herbs and spices (Rice powder, Turmeric & Sandal wood) to exfoliate and with yogurt for moisturizer leaves your skin silk & smooth.

ISLAND SALT & LIME GLOW 50 min \$95

This mineral rich local salts with cleaning effects of lime & lemongrass helps to gently remove dead skin cells leaving skin soft and cleansed.

COCONUT & TURMERIC RUB 50 min \$95

Natural anti-inflammatory and anti-oxidant properties of turmeric and the deep moisturizing and nourishing properties of fresh coconut, enhances your skin's own natural rejuvenation process for glowing beautiful skin.

SILKY SKIN SCRUB 50 min \$95

MASSAGE THERAPIES

ULTIMATE SWEDISH 30 min \$70 / 60 min \$110 / 90 min \$150

This massage includes medium to light pressure to relieve muscle tension, improve circulation and bring relaxation to body and mind.

DEEP TISSUE 30 min \$80 / 60 min \$120 / 90 min \$160

Created to alleviate stress deep down and release the discomfort of aching muscles. Leaves your mind feeling less cluttered and muscles intensely relaxed.

DECLEOR AROMA 30 min \$80 / 60 min \$120 / 90 min \$160

Dedecor aroma balm with an enveloping & rapid-dissolving texture contains essential Oils of Tonka Bean, Ylang Ylang & Vetiver plus Vanilla extract helps soften skin & relieve tension.

HOT STONE 30 min \$80 / 60 min \$130 / 90 min \$170

Individually shaped, these magical warm stones help to release tension, soothe aches and rebalance energy levels.

THAI YOGA 60 min \$140 / 90 min \$190

Passive yoga stretching, acupressure, exercise movement and reflexology. Targeting muscles, tendons, ligaments, joints and other connective tissues.

PRENATAL 60 min \$120 / 90 min \$160

Gentle massage specially blend oil to reduce water retention in feet and ankles, ease headaches, backaches, & fatigue.

COUPLES CONNECT 60 min \$220 / 90 min \$300

Immerse yourself in this delicious treat for two, side-by-side massages in our couple's suite.

BODY WRAPS

All wraps end with aromatic moisturizing massage.

AYUR NEEM WRAP 50 min \$110

Locally grown Neem leaves have therapeutic properties. They are made into paste and applied on the body. It detoxifies, invigorates and reduces blemishes, leaving the skin clear and silky smooth.

AYUR FIRM AND GLOW WRAP 50 min \$110

The stimulating effect of Clove, Ginger, Cinnamon, and nutmeg will also exfoliate the skin while boosting circulation. Slim and tones the skin.

ALOE & CUCUMBER SUN SOOTHER 50 min \$110

Quench dry skin with our hydrating sun repair wrap. Freshly harvested Aloe, Cucumber combined with healing properties of Chamomile and Mint.

DETOX SEAWEED REMINERALIZER 50 min \$120

Detoxify, exfoliate and nourish your body with purifying seaweed remineralizer. This treatment will leave your skin smooth and supple.

FACIALS

AGE-DEFYING (Neem Facial) 30 min \$80 / 60 min \$110

Neem has anti-ageing and detoxifying effect that clarify and rejuvenate the skin leaving a smooth, clear complexion.

DECLEOR OXYGEN FACIAL 30 min \$70 / 60 min \$120

This facial targets spots, blemishes, open pores and excessive shine. Brings previously oily, combination and dull skin back to life leaving it luminous, crystal clear, beautifully & completely flawless.

DECLEOR VITAMIN FACIAL 30 min \$80 / 60 min \$130

This facial is power-packed with vitamins and anti-oxidants. Skin is left deep cleansed, perfectly replenished and glowing with vitality.

DECLEOR GENTLEMANS FACIAL 30 min \$70 / 60 min \$120

This fatigue-fighting, anti-ageing treatment targets and treats shaving bumps and irritation. AROMESSENCE super serum with active Clove Oil, skin is left relaxed, smooth and healthy looking.

HANDS & FEET

Spa Manicure	\$40	Deluxe Manicure	\$55
Spa Pedicure	\$55	Deluxe Pedicure	\$70
French Add-on	\$10	Polish Change	\$20

HAIR REMOVAL (WAXING)

Full service available

THREADING

Eye brow shaping	\$20	Top lip	\$15
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REIKI 30 min \$70

This natural, holistic, complementary healing modality can restore and maintain your health by balancing the chakras and auras.

YOGA 60 min \$110 (Private) / \$60 ea (Group)

A personalized session, tailor-made to your needs, for improving concentration, Physical and Mental fitness, pain relief, to help control diabetes and more. Ayur Spa conducts yoga sessions regularly. Call the spa to get the schedule for group yoga sessions.